



Idaho FCCLA
March 2013 Newsletter

FCCLA SPEAKS

Inside This Issue:

click ↓

State Leadership Conference	1
FCCLA Homecoming – State Leadership Conference Theme	2
Promoting FCCLA.....	2
It Can Wait	3
Knowledge Bowl.....	3
"Achieving the Unbelievable"	4
SLC STAR Events... Are YOU Ready?!	5
Fundraising Tips and Ideas	5
Running for Office	5
Social Media or Social Nightmare?	7

State Leadership Conference

Chantell Lowe, Idaho FCCLA State President

Happy New Year! I hope you're all geared up and ready for your district competitions because State FCCLA is right around the corner! Your Idaho State Officer team has been working hard these past months to plan a great State Conference for you! We have a lot of fun new activities and workshops planned for you!

This year's SLC is April 11-13 in Boise, Idaho with our new theme; FCCLA Homecoming: Ignite the Spark! As your state president, I invite all of you to attend this wonderful spring event! The conference kicks off Thursday night with our

opening ceremony and Keynote address. Friday we have events all day, and many workshops for your leadership enjoyment! Also, don't hesitate to check out the Idaho FCCLA State Officer round tables. Get some one on one time with your officers! Saturday we wrap up our conference with awards and the installation of your new 2013-2014 State Officer team.

I encourage every one of you to attend this year's conference! Come show FCCLA your Spark! I am definitely looking forward to seeing all of you in April!

FCCLA Homecoming – State Leadership Conference Theme

Alex Nuñez, State Secretary

Hello Idaho FCCLA members! In case you have not heard yet, our Idaho FCCLA state officers spent hours trying to create a theme for the State Leadership Conference in April and the 2013 theme will be **drumroll**.....

Ignite the Spark:

FCCLA Homecoming 2013

Your state officer team decided with this as the upcoming theme for several reasons. The first is that we, as student leaders of this organization, are working to inspire and *Ignite the Spark* of leadership that lies within each and every member who is proud to represent FCCLA with your undying service to your communities and those who live within them. We want to present to every member the opportunity to find and pursue a leadership role within this amazing organization and keep that spark blazing for years to come.



The second reason we chose this theme is that we believe if FCCLA would ever have a homecoming, the State Leadership Conference would be the time to have it. While those of us are still in high school we compete our way to

represent our schools at the conference, but did you ever stop to think what it means to our advisors or the alumni? To them this conference is to see the ongoing work of the new generation of members and to visit where they once called their

second home for high school. They get to reminisce in the past and encourage each and every one of their students to develop into the Family, Career, and Community Leaders of America that we are all meant to be.

So, what can you expect from the 2013 State Leadership Conference? This year's conference will be unlike any we have had before and remember to bring your neon clothes. Trust me, you will all thank me later for telling you.

Promoting FCCLA

Heidi Hannah, VP Public Relations

I go to a small school where everyone is familiar with each other. Even though we are all involved in many activities, everybody can still be a part of FCCLA. I have really enjoyed this organization so I have promoted it at my school. I began by telling all of my friends about it. I told them about everything I know, how much fun I have, and also that I learn a lot. I was successful because I got many of my friends to join, along with other students in my school. This is a simple way to get people to join FCCLA. Brag it up! Let everyone know about all of the amazing opportunities that



members are given! I organized a speech about FCCLA to give in front of my speech class. Everyone was really interested, and had tons of questions. I believe if we tell everyone in our chapters about our experiences, then they will want to join in with us. I love FCCLA, and the amazing skills it has taught me. Plus, I have been lucky enough to get to know tons of different people, especially my State Officer team. I am excited to finish out the year strong with our State Leadership Conference! I hope to see everyone there!

It Can Wait

Joshua Vincent, District III Director

Hey Idaho FCCLA members! Have you heard about National FCCLA's sponsorship with AT&T for the It Can Wait campaign??? I hope you have! This campaign is about raising awareness of the dangers of texting while driving, to teenagers! Teenagers like you! Teenagers like you, are dying every day in sense-less accidents, all because they were sending a single text message! **Sad, right?**

I want you to whip out your phone, look at your last text message. Say you sent that message while you're driving. Was it worth endangering so many people, including you? I didn't think so. Take the pledge to **never** text and drive!

**Texting drivers
are 23 times
more likely to be
in an accident.**

National FCCLA is offering a contest this year, for FCCLA members that want to take action against this dangerous practice! There is a simple form that you must complete. *It is available on the national website.* Send it in, we will review it. Then you have the chance to win up to **\$1,000** and recognition on stage at the National Leadership Conference in Nashville, Tennessee this summer!

Take the Pledge to never text and drive at
itcanwait.com!

**43% of teens
admit to
texting while
driving.**

Knowledge Bowl

Adrianna "Adrie" Watson – Highland High School – District 5 Director

You're probably wondering what Knowledge Bowl is, right?

Well, Knowledge Bowl is a state only competition which focuses on FCS knowledge ranging from when FCCLA was established to what the 8 purposes are. I competed in Knowledge Bowl the first time I went to State Leadership Conference. It was super fun, especially since I made it to the second round.

That experience really helped me when I later ran for state and district offices. If you are interested in running for a state FCCLA office, I would suggest that you study FCS facts because it will help you better understand FCCLA.



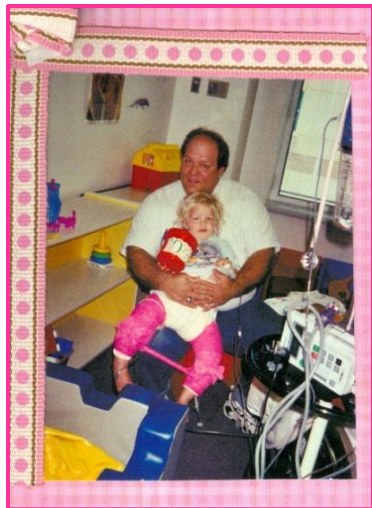
"Achieving the Unbelievable"

Mariana Stewart, District 6 Director

Let me tell you a story of a young girl who was born with a lot of struggles. When she was first born, she had to spend an extra two weeks in the hospital. Before she was a year old, she started having seizures. Her seizures got worse and worse. The doctors finally had her tested after having 5 seizures in a week. At the age of 2 ½ she was diagnosed with a bone disease called Rickets, the doctors told her parents of the all the hardships she would go through. She remembers the doctors telling her she would never be able to run, jump, or play like other kids. The young girl had eighteen surgeries on her hips, knees and ankles by the time she was eleven years old. Despite having many surgeries and the limitations the doctors warned her about, never once did she let that hold her back.

At a young age she participated in karate, and although it was hard for her, she did it anyways. She would have to work twice as hard as all the other kids did just to get normal scores, but she did more because she wanted to be the best. The young girl is now a brown belt, and she is working on getting her black belt.

After hearing from her mom and her sisters how fun it was she decided to join FCCLA as a sophomore. Even though she was very talented, she was afraid of what people might say to her or about her, because she was different. With the support of family, friends and her FCCLA adviser, she did the unthinkable and participated in STAR Events. It didn't take her long to realize that she was pretty good at this. After state conference and seeing just how AWESOME it all was



she decided that she wanted to be one of those AWESOME kids with the Red Jackets. Now the challenge was on.

She didn't really know a lot about FCCLA at this time, only how it made her feel and what it did for her. If she was going to be a state

officer, she had a lot of studying and work to do. The next school year, she served as her chapter president and a district officer. FCCLA had taken over her life, relatively speaking. She wanted everyone to see the whole picture. To see as she did, feel as she did, and



grow like she had. The more she got involved, the more she realized what it was doing for her and her friends. How could five letters make such a big impact on someone's life. But it had. FCCLA has helped to make her who she is. Not only that it has made her who she is going to be, it has helped make her a far better person. It has opened her horizon and pushed her to set goals...

This girl I speak of is not just any girl, this girl is "Me". I have been asked several times, if I could, would I change having Rickets. My answer is, "No". I have been through a lot and it has been very tough at times, even extremely hard at times. But never would I want to live another life or give up the experiences I have been through. They have made me who I am - and that is something I would never want to change. There have been many times I have thought of giving up. But the dream in side of me pushes me further and further.

MY SEVEN SECRETS FOR SUCCESS

(I found these answers in my room!)

1. My roof said: aim high
2. My fan said: be cool
3. My clock said: every minute is precious
4. My mirror said: reflect before you act
5. My window said: see the world
6. My calendar said: be up to date
7. My door said: push hard to achieve your goals

Just remember FCCLA can make a difference, it can help you reach your goals and achieve your success.

SLC STAR Events... Are YOU Ready?!

Aspen Sawyer, V.P. of STAR Events, District VI State Officer



I am so excited to see what you all have done for your amazing STAR Event projects this year. Along with being excited to see what you have for us, we also want you to be completely prepared so that you can be the best you can be! **So...**

- Don't forget all the paperwork that goes along with completing your projects, including your portfolios and other visuals.
- Make sure to double check the STAR Event handbook to ensure you have covered everything that goes with your specific project.
- **Practice, Practice, Practice!** Go over your speech over and over until it comes naturally. If it doesn't come out of your mouth smooth as cream the judges are going to notice. They'll see that you haven't rehearsed your speech and they'll be more likely to notice if you miss a part or mess it up in the middle. If it's obvious to you that you messed up then it will be obvious to everyone else in the room. A bonus from practicing is that you will be less likely to pause with any unwanted fillers such as, "uh..." or "um..."

As long as you do what I have advised you are bound to rock at the SLC STAR Events! Here is some other information that you will need to know if you don't already for this year's STAR Events. The following events have been removed from competing at your district levels and now have their first round of competition at State level.

- | | |
|-------------------|-------------------------|
| • Teach and Train | • Fashion Construction |
| • Entrepreneur | • Interior Design |
| • Culinary | • Early Childhood |
| • Fashion Design | • Hospitality & Tourism |

These events will begin competition on the first day of State Leadership Conference, Thursday, April 11th. I wish you all the best of luck; this year's competition is bound to be filled with talent and creativity. Good luck and I look forward to seeing you at SLC in April!

Fundraising Tips and Ideas

Kris Scott – Gooding High School – District 4 Director

Fund raising is always a tough thing for students to do, and FCCLA Chapters are no different. But they can be some of the most fun times a group can have. Here are a couple of things I learned while actually participating in our chapter fundraisers:

- 1) Most donors want to help you
- 2) People like that students of today will do the work this takes
- 3) They like to know their money is helping.

Now to be successful at fundraising we found the following to help us raise more money:

- 1) People were more willing to help if they know why we were fundraising.
- 2) They wanted to know that the cause or event is important to us – so explain it.
- 3) They want to know the impact each donation will make – for example 10 dollars will feed a child for a week. The money will send 2 students to Tennessee for FCCLA Nationals.



Running for Office

Hannah Bryson

Running for office is a wonderful opportunity and also a big responsibility. There are a few things to consider while preparing to run. Look at the responsibilities before running for an office; will you have enough time for the work that is involved? If you decided that you would like to run for office, here are a few tips that may help you:

- **Speech**

You should write this as soon as you can, and rehearse it often. It should be professional, but it should reflect who you are as well as your personality. While rehearsing, time yourself to make sure you aren't rushing or taking too long. Always speak slowly, clearly, and loudly. Smile and make eye contact with the crowd.

- **Know Your Knowledge Questions**

Make sure to study your chapter handbook, and check out the website to stay current on your FCCLA knowledge. These questions are usually asked after your speech and during your interview. (www.fcclainc.org)

- **Interviews**

Your interview will be with the State Adviser, Mrs. Golis, and a FCCLA Board Representative. Make sure to speak clearly, be friendly, and professional. During your interview, they will ask questions about FCCLA, why you joined, and why you would like to be an officer. It's always good to have practice interviews with your adviser, teachers and principals.

Now that you have some tips about running, you should know a little bit about what happens if you are elected. Below is information about the training you will receive and some of the rewards of being an officer.

- **Training**

If you are elected to office, you will receive training at JSL, Executive Council, and NLC. At nationals, you will be assigned to several officer training workshops that are very beneficial. At JSL, there will be workshops on parliamentary procedure as well as other important items of business. During Fall Executive Council, you will learn how to conduct a quick and efficient meeting. You and your fellow officers will brainstorm, and plan State Leadership Conference.

- **Rewards of Being an Officer**

Some of the rewards of being an officer would include things such as the development of leadership skills, personal growth as a leader, the improvement of public speaking skills, making lifelong friends, traveling to exciting places, and planning your own State Leadership Conference with your fellow officers.

Hope this helps, and see you soon!

Social Media or Social Nightmare?

Kesia Cisse – Timberlake High School – District 1 Director

Facebook, **Twitter** and **Youtube** are all part of our daily life. The social media craze began with **MySpace**. Although **MySpace** is more or less a thing of the past the social craze still continues to thrive.

Facebook was launched in February 2004. What began as a site between friends soon after became a worldwide hit. Today **Facebook** is used every day on mobile phones, tablets and desktops to play games, update statuses, and share photos.

Twitter is a social media network in which members can send and read short, text based messages up to 140 characters. These are known as “Tweets.” **Twitter** is used by many celebrities as a way to connect with their fans.



Youtube began in February of 2005. **Youtube** hosts many types of videos. It is used to share videos, watch movie clips, and music videos.

With the wonderful world of social media comes the added responsibility for you, the users. Be extremely cautious of what you tweet or post. Employers and college admissions counselors often look at your profile to gain insight as to the person you are. Also be aware of your privacy settings. Don't post rude things about others, not only is this wrong, there can be very real and tangible consequences for this.

There is no getting away from social media but it is up to you to use it well. The next time you tweet or post something think, would I want my grandma to see this or my most respected teacher?



*There is a time where the heat is still.
A place where the moon and sun meet.
The heat kisses your cheek,
A light breeze covers your heart.
The sun takes away your desire,
As you see a field of orange.
Clouds slowly start to blush,
When everything is at a hush.
The whole world is still.
The final moment is here,
As the sun shelters behind the hills.
All light disappears,
Everything is silent nothing heard.
When you wait for that morning bird.*